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To the Surgeon General,

Caffeine is ~~a strong stimulant drug with known negative effects.~~ Although these negative effects are known to those in the health and medical fields, they are not well known to kids; tragic victims of the drug. Why do I call them victims? Kids are being manipulated by the soft drink companies who spike their drinks with this addictive drug. Kids have a right to be fully informed of this situation. Many children suffer from anxiety, restlessness, insomnia, withdrawal symptoms—sluggishness, irritability, mood changes and headache~~s~~, all directly caused by a drug that most kids are totally unaware that they are consuming. This isn't right. It's child abuse when you really think about it. Of course, coffee, tea and chocolate contain caffeine as well as soft drinks. But, the added caffeine in soft drinks by far outweighs that consumed from coffee, tea and chocolate as far as children are concerned.

Many parents may be aware of caffeine in coffee. Some parents are aware of caffeine being in tea and chocolate (chocolate doesn't contain a whole lot of caffeine compared to the others). Some parents are aware of caffeine in cola drinks. But, very few parents are aware that caffeine is intentionally added to all types of soft drinks; for example, Big Red 38 mg., Sunkist Orange 40 mg., Mountain Dew 54 mg., Surge 51 mg., Mellow Yellow 52 mg., Slice Red 34 mg., Cherry Spice slice 36 mg., Barq's Root Beer 23 mg... Soft drink executives know about the addictive qualities of caffeine and began adding caffeine to non-cola, non-pepper soft drinks in C 56

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the late 1970's. And look how sales have tripled since then. It's about time kids were told the truth and made fully aware of the situation so they can have the knowledge to make important decisions about their health and well being. Please do something to help.

Thanks,

a former victim but now drug-free

EXCERPT FROM DRUG REPORT

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